

## SERVICE DESCRIPTION

# CHILD & YOUTH MENTAL HEALTH

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### **DESCRIPTION:**

This service provides assessment, counselling and treatment planning for children and youth who exhibit depression, anxiety, family conflict, unmanageable behaviour, or other mental health concerns in home, school or community. The service provides specialized clinical interventions, support and follow up in an office or outreach basis. The service provides consultation on mental health issues for others working with children and youth. Service is available primarily on Salt Spring Island with some capacity to serve the other Southern Gulf Islands.

### **HISTORY:**

The Ministry for Child and Family Development began this service on the Gulf Islands in 1998 as an extension of their Saanich Mental Health Clinic. It was a response to an increasing need for mental health services to be accessible to children and families in their community. Salt Spring Community Services has provided these services since their inception. The program expanded in 2006 to include a community and school outreach component.

### **POPULATION SERVED:**

The service is available to children and youth under 19 years of age residing in the Gulf Islands who are experiencing moderate to severe emotional, behavioral or psychological difficulties. Information, support and consultation is available to family members and community helping resources. Priorities for the service are children and youth identified by schools and child protection workers as requiring mental health services.

### **GOALS AND EXPECTED OUTCOMES:**

1. Improve mental and emotional well being.
2. Increase knowledge, skills and ability to manage mental illness.
3. Improve healthy behaviours at home, school and in the community.
4. Improve family, social and other significant relationships.
5. Improve school functioning.

6. Decrease harmful symptoms of anxiety, depression, self harm.

#### **SERVICE DELIVERY PHILOSOPHY AND PRINCIPLES:**

1. Service delivery will be caring, respectful, safe and open.
2. People will be treated with dignity and respect.
3. Services will be provided in a discreet and confidential manner.
4. Services will include the promotion of wellness, healthy development and independence.
5. Service delivery will be person-centered including being flexible, individualized and involving the person served in setting the direction of service.
6. Services will be responsive and timely.

#### **SERVICE DELIVERY ACTIVITIES:**

1. **Assessment and Goal Planning.** Counsellors work with children, their family, school and others to develop plans based on the individual needs assessment.
2. **Individual Counselling.** Counsellors provide counselling and other psychosocial interventions based on the treatment plan.
3. **Family Counselling.** Counsellors provide counselling to family members affected by mental health issues of their child or teen.
4. **Information and Education.** Counsellors provide mental health education and information to individuals, families and the community.
5. **Case Management and Coordination.** Counsellors coordinate the provision of a variety of specialized services to ensure that they are delivered in a manner that provides an effective response to the whole problem, person and their support system.
6. **Referral and Advocacy.** Counsellors refer students and their families to other SSICS, psychiatry or community services as needed and act on their behalf when needed to obtain resources and services.

#### **LOCATION:**

Wheelchair accessible offices and confidential meeting space is located at 268 Fulford-Ganges Road and 134 McPhillips Ave (The Core

Inn). Services may also be provided in community locations including schools.

**HOURS:**

Services are available Monday-Friday 9 am to 4 pm, and after hours as required.

**STAFF RESOURCES:**

The services are provided by a Clinician and a Counsellor. Staff report to the Director of Child, Family and Community Living Services. Program staff are part of the Child and Youth Services Team, a multi-service team including family support, alcohol and drug, school-based support workers, and early childhood services. Psychiatric consultation for the SSICS team and families is provided through Vancouver Island Health Authority/Queen Alexandra Hospital.

**ACCESS TO SERVICE:**

Individuals and families can access services through Salt Spring Island Community Services offices at 268 Fulford-Ganges Road. (250) 537-9971. Referrals are accepted from Ministry for Child and Family Development, schools, probation, physicians and other community agencies.

**STANDARDS/REFERENCES/BEST PRACTICES:**

1. CARF accreditation standards
2. Best practice guidelines for mental health promotion programs: Children & Youth, Center for Addiction and Mental Health (CAMH)
3. Child & Youth Mental Health Plan, MCFD

**FUNDING/SPONSORSHIP:**

The service is funded by the Ministry for Child and Family Development.

**PARTNERSHIPS/KEY CONNECTIONS:**

1. Ministry for Children and Family Development- Saanich Mental Health
2. Queen Alexandra Hospital
3. Vancouver Island Health Authority- Youth Addictions
4. School District #64
5. The FORCE Society for Kids Mental Health